
Basil Pesto

Chef Jim Jones - Nellie's Deli and Market - Sarasota, FL
Sarasota's Chef Du Jour - 1992

2 cups fresh basil leaves, thoroughly washed and patted dry
1 cup Pignoli nuts (pine nuts)
4 large cloves garlic, chopped
olive oil (to thin)
1 cup Parmesan cheese, grated
1/4 cup Romano cheese, grated
salt (to taste)
black pepper (to taste)

In the bowl of a blender or food processor, combine the basil leaves, pine nuts, garlic cloves and olive oil.

When you have the mixture thoroughly blended and to the right consistency, add the Parmesan cheese, Romano cheese, salt and pepper. Mix well.

(Mix the pesto with your favorite pasta, fluff into hot rice or stir into homemade mayonnaise as a sauce for cold poached fish or vegetables.)

Yield: 2 cups

Condiments, Sauces

Per Serving (excluding unknown items): 391 Calories; 24g Fat (55.8% calories from fat); 35g Protein; 8g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 1493mg Sodium. Exchanges: 4 1/2 Lean Meat; 1 Vegetable; 2 Fat.